



What's on

Your guide to activities, clubs and events in the borough

See centre pages



Waltham Forest NEWS

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Issue 126 3 November 2014

Blue plaque for Blur chap!

Britpop star and 'son of Leytonstone' Damon Albarn comes home for blue plaque honour

Blur frontman Damon Albarn was honoured by Waltham Forest Council on Monday 27 October with the erection of a blue plaque on his childhood home at 21 Fillebrook Road, Leytonstone.

Damon's recent album 'Everyday Robots', recalls his childhood in Leytonstone and even features the Pentecostal City Mission Church Choir, based at the church on the corner of Kingswood Road and Colworth Road.

"They are playing with me at the Royal Albert Hall in a few weeks' time," said Damon. "It's that sort of thing that resonates from my childhood. I remember walking past their church and hearing the choir singing, so to involve them now is wonderful."

Damon attended George Tomlinson School, which he remembers as a very happy time, and while his family moved to Essex when he was nine, the community of Leytonstone had a lasting impact on him.

"Its multi-racial population had a very profound effect on me, and

the borough has a very particular feel to it. I had my photo taken by David Bailey recently and he told me he was getting a plaque put up on a house just round the corner from here, so it is nice to be in such company."

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, told Waltham Forest News: "This borough has produced talented people from all walks of life, and given that Damon is such a huge name in the world of music it was right that we should celebrate him as a son of Leytonstone too. Having been privileged to have met him, it is obvious that he has a real affection for the borough."

Win!

To celebrate his blue plaque Damon has very kindly donated five signed vinyl copies of his album 'Everyday Robots' to Waltham Forest News. To enter the competition to win a copy, turn to page 3. Five runners-up will win a copy of 'Everyday Robots' on CD. The CDs are not signed by Damon.



Damon at the house he grew up in, which is now adorned with his own blue plaque



Find out more at our open day - Thursday 6th November 2.30 - 4.30pm

Private fine dining experiences at Gilwell Park

Treat your team to an unforgettable and intimate Christmas party at our 17th Century Grade II listed Manor House set in 108 acres in Chingford. We're the perfect venue for anywhere between 10-180 people.

Choose from our four course festive menu, including turkey with all the trimmings and vegetarian options.

£35 per person, including coffee and mince pie

£45 per person as above, plus a welcome drink and half bottle of wine each

Accommodation available with a choice of 41 rooms, 35 en-suite.



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Celebrating our town centres



Buy it Local celebrates Waltham Forest's independent retailers, such as Leytonstone's Bumblebee Flowers (above)

Our town centres will become hives of activity later this month at a series of special events being held to celebrate local retailers and show shoppers

that they can find everything they need right here in the borough.

The Buy it Local events will showcase and support the wide

range of local independent traders that we have on our doorstep in Waltham Forest. Each event will feature entertainment for all the family, including stilt walkers,

■ **Buy it Local events will celebrate range of local retailers in Waltham Forest**

■ **Family entertainment and competitions in six town centres across two Saturdays this month**

live music, street dancers and competitions.

The first town centre events will take place on Saturday 15 November in Highams Park, Wood Street and Leytonstone. Then on Saturday 22 November it's the turn of North Chingford, Walthamstow and Leyton. All events run from 11am to 4pm.

The events are being held as part of the 'Waltham Forest IS London' campaign, which was created by the Council to support economic growth, celebrate the borough and raise its profile in London.

There is also more cause for celebration as the regeneration of Wood Street has been shortlisted for a London Planning Award, in the Best Town Centre Project category. Winners will be announced on Tuesday 15 February 2015.

More info

For more information visit www.walthamforestlondon.co.uk. If you are a local retailer and would like to get involved in the events email business.support@walthamforest.gov.uk.

In my opinion



Jacqueline Anderson

Stroke Navigator – Stroke Association Waltham Forest

When I saw the Stroke Association's recent poll, which was published on World Stroke Day on Wednesday 29 October, I was really shocked.

According to the findings of the poll, one in eight women in the UK wrongly believes that a stroke could never happen to them. Almost three quarters of people living in London (72 per cent) did not know that stroke is one of the world's biggest killers, and just a third of people living in London (34 per cent) said they thought they would be most likely to have a stroke as they got older.

Around 30,000 women die from

a stroke every year. The condition is the third leading cause of death in women in the UK, and the second biggest killer worldwide. In London around 13,500 people have a stroke every year and over 100,000 people live with the effects of stroke.

It's extremely worrying that most women don't even have stroke on their radar. We know that women's stroke risk significantly increases as they get older, and one in five women will have a stroke in their lifetime.

This should serve as a wake-up call to women of all ages to be aware and better informed of the steps they can take to reduce

their stroke risk. Simple lifestyle changes, such as keeping blood pressure under control, exercising regularly and stopping smoking, could significantly lower women's likelihood of having a stroke.

Stroke can hit you out of nowhere and rob you of your speech, your ability to walk, your memory, your independence and your dignity. This devastating condition kills three times as many women as breast cancer every year.

When we held our recent mini conference which brought together stroke survivors, carers, medical experts and Stroke Association staff, we were thrilled with the

response we got. At the end of the mini conference we collected feedback, and we were over the moon to hear that we had raised so much awareness of stroke in the community.

We're urging women in London to have a better understanding of their risk factors for stroke. Here in Waltham Forest we offer advice, information and support for stroke survivors and their families in the

area. And the Stroke Association's website also offers a lot of advice and support for anyone worried about stroke and its impact.

The condition doesn't have to be inevitable; together we can conquer stroke.

For more information about the support available in the local area, please phone Jacqueline Anderson on **020 3582 6658** or Biruntha Balasundaram on **020 3582 6659**.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

**Contact
Waltham Forest
Council:**

Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

Advertising and promotional enquiries:

Sue Hardcastle, 020 8496 3000 (press 6)
advertisingwfn@walthamforest.gov.uk

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Private Rented Property Licensing

Borough landlords will be written to over the next couple of months to alert them that the new Private Rented Property Licensing scheme comes into effect in Waltham Forest from Wednesday 1 April 2015.

It will be compulsory for landlords of private rented properties to have a valid licence in place for each and every property they rent. The Council is working to make the online application process as

simple as possible, as landlords with multiple properties will have to complete a separate form for each of their properties.

A strong link has been identified between levels of anti-social behaviour and homes that are rented out privately, and with the private rented sector making up one-third of homes within the borough the Council felt that it was time to address the issue.

The licensing system will mean

the borough's private landlords will have to meet conditions such as obtaining references for new tenants, dealing with complaints of anti-social behaviour or criminal activity in the property and ensuring the property meets a good standard for tenants.

Landlords will be able to apply for a licence in January next year at a cost of £500 for a five year licence. However, an 'earlybird discount' offer of £250 is being made by the Council to landlords who obtain a licence in the first three months of next year in the run-up to the go-live date.

For landlords who take advantage

of the discounted rate it will equate to less than £1 a week – a small price to pay in order to bring rogue landlords into line. The Council will have an inspection programme to check and pursue landlords that do not obtain a licence or comply with conditions, preventing them from sully the reputations of the many decent landlords in the borough.

More info

For more information on Private Rented Property Licensing phone **020 8496 3000** or email **housingstandards@walthamforest.gov.uk**.

Local jobseekers scoop cinema roles



Four of the 35 Waltham Forest residents who are filling the jobs at the new Empire Cinema (from left to right) Davina Mathurin, Dylan Poulton, Amanda Maynard and Jackie Blake-Belton

Almost 500 applications were received from people wanting to work at the new cinema opening in the centre of Walthamstow later this month. But as a result of a collaborative programme of recruitment that involved Empire Cinemas, Waltham Forest Council and JobCentre Plus, all 35 roles have gone to people from the borough.

Waltham Forest News joined

the new team at the JobCentre Plus in Forest Road, Walthamstow as they began three weeks of training. The training will also see them working at Empire Cinemas in Basildon, Bishops Stortford and the iconic Leicester Square venue before taking up their positions in Walthamstow.

Dylan Poulton, 19, from Leyton, said: "I'm really excited about the prospect of working at the new cinema. I am a huge film fan, so

this is an ideal job for me."

Jackie Blake-Belton, 40, from Walthamstow, told Waltham Forest News: "I really wanted to be part of the new cinema. I was a full-time mum before getting this job so I am excited about the challenge."

Davina Mathurin, 31, from Walthamstow, said: "I have been looking for work for two years and when I saw this opportunity I begged to be considered. It is right up my street as I used to work at

Walthamstow Dog Stadium so the nature of the work is not dissimilar."

Amanda Maynard, 30, from Walthamstow, told Waltham Forest News: "I recently completed a course at Waltham Forest College and I am very excited about learning lots of different roles as a Team Member. The variety in the job is great and it fits really well with my life as a mum of two and being local. My son is really happy I have got a job at Empire – he's telling all his schoolfriends!"

Opening on Wednesday 19 November, The Scene will also include 121 new homes, as well as shops and restaurants including Nando's and Pizza Express. The £30million regeneration project is just one element of the 'Creating a better place to live' campaign that is committed to doing more to improve the borough's streets, enhance Waltham Forest's schools and provide better leisure facilities.

More info

For more information on the 'Creating a better place to live' campaign visit **www.walthamforest.gov.uk/betterplace**. For more information about The Scene at Cleveland Place visit **www.thescenewalthamstow.co.uk**. Free internet access is available at all libraries in the borough.

In brief Competition

Waltham Forest News is offering five lucky residents the chance to win a signed vinyl copy of Damon Albarn's album 'Everyday Robots'. Five runners-up will win a copy of the album on CD. The CDs are not signed. To be eligible to enter the competition you must live in Waltham Forest. **To enter email your name, address including postcode and a daytime phone number to wfncompetitions@walthamforest.gov.uk. The competition closes at 12noon on Monday 17 November.**

Remembrance Day services

A number of events are being held on Remembrance Day, Tuesday 11 November, giving residents the chance to mark 100 years since the outbreak of WWI and remember the sacrifices people made during the war. In Walthamstow, a parade will meet at Lloyd Park (Forest Road, E17 4PP) at 10am before moving to the Town Hall for a two-minute silence at 11am and Civic Service of Remembrance. A parade will also meet at the front of Chingford Fire Station at 10am followed by a short service and wreath laying at the war memorial near King's Head Hill. In Leyton, residents can meet at 9.30am at Coronation Gardens (Buckingham Road gates, Leyton E10) for a service and wreath laying, before the parade moves to St Mary's Parish Church (Church Road, Leyton, E10 5JP) for a service at 10.30am. In Leytonstone, a service will start at 10.30am at the Harrow Green Memorial on the High Road.

We Need to Talk

Residents are being asked to give their views on how the Council balances its books as it sets new priorities for the next four years. Since 2010 the Council has saved £68million and due to reductions in government funding, needs to save a further £45million between 2015 and 2018. If you have views on which services matter to you and how these savings could be achieved, come along to a street stall on Wednesday 5 November, 10am to 4pm, at Albert Crescent (Chingford, E4 6SH); or Friday 7 November, 10am to 4pm, outside Coronation Gardens (Leyton High Road, E10). A stall will also be at the Council's fireworks event on Wednesday 5 November, 6.30pm to 8.30pm, at the Town Hall Complex (Forest Road, E17 4JF). Printed copies of the questionnaire are available in all libraries and a budget setting tool is also available online.

• **For more information visit www.walthamforest.gov.uk/weneedtotalk by Sunday 16 November or phone 020 8496 3000.**

4 Priorities

Bringing you better leisure centres

Waltham Forest has four key priorities to help improve the lives of residents. In this edition we look at what is being done to make our leisure centres better



Commonwealth Games Bronze medallist Bianca Williams, who is also a Waltham Forest resident, joined Council Leader Chris Robbins at the opening of Leytonstone Leisure Centre



Leytonstone Leisure Centre's refurbishment includes new gym equipment

Fact file

- The Council has six leisure centres, all of which are run by social enterprise Better. Each one has been or will be improved as part of the Council's major regeneration programme.
- The number of members at Walthamstow Leisure Centre has increased from 1,596 to 1,824.
- Chingford Leisure Centre has seen 1,009 people join since its refurbishment project.
- Membership at Leyton Leisure Centre and Leyton Gym has risen from 1,950 to 3,400.

The £24.5million leisure centre improvement programme is one part of Waltham Forest Council's commitment to giving residents the best sports, fitness and health facilities available. Now in its second year, the scheme has just taken another step forward with the opening of the new-look Leytonstone Leisure Centre.

Its relaunch means there's never been a better time to get active in Waltham Forest, with newly-refurbished leisure centres now open in Leytonstone, Leyton, Walthamstow and Chingford as well as a programme of outdoor activities continuing throughout winter in the borough's parks and open spaces.

Leytonstone's transformation

At the centre's official opening on Tuesday 28 October, residents were joined by Commonwealth Games medallist and local resident, Bianca Williams, who achieved a Bronze in the 200m sprint earlier this year in

Glasgow. Tours of the new centre showcased the wide range of facilities on offer including a fully refurbished 25m main pool, teaching pool and poolside sauna. The centre – formally known as Cathall Leisure Centre – now also has a new reception with fast track entry, two-court sports hall, 100 station fitness suite, a soft play area, multi-purpose room and a refurbished studio to cater for a range of residents' needs.

Speaking at the opening, Cabinet Member for Health and Wellbeing, Cllr Ahsan Khan, said: "We're making sure that all residents have access to first class leisure facilities to help them stay fit and healthy.

"Whether it's free swimming for under 18s, over 60s and disabled people, state-of-the-art gym equipment and exercise spaces or soft play areas for youngsters, we want everyone to have opportunities to get active whatever their age or ability."

Prior to the official launch, residents were able to get a sneak peek at the new centre when its

doors first opened on Saturday 25 October. Since then over 150 new members have joined, taking advantage of the new facilities on offer.

Other centres

Ensuring that people across Waltham Forest have first class leisure facilities on their doorstep, the work at Leytonstone follows refurbishments made at four other Council-owned centres.

Walthamstow Leisure Centre (formerly Kelmscott) was refurbished and re-opened last year. It is now home to a state-of-the-art gym, refurbished changing rooms and toilets, a red crumb pitch for sports and a new reception with fast-track entry system.

Leyton Gym boasts a 134-station gym, cardio and resistance equipment and a spacious free weight and fitness area. The nearby Leyton Leisure Centre has a new 25m pool, teaching pool, water flume and aqua play features, a new reception, changing rooms and two studios.

Chingford Leisure Centre offers a 45-station gym, 28 group exercise classes every week, a 25m six-lane swimming pool and a smaller children's pool.

The works are part of a Council drive to make sure that residents have access to first class leisure facilities. The latest and final centre to benefit will be Waltham Forest Pool and Track, which will be rebuilt to give residents state of the art sport, health and fitness facilities normally only available to people who can afford private leisure club memberships.

With a third of the Pool and Track's members now using other newly improved facilities, and the centre needing costly repairs, the centre was closed recently so that works to empty, demolish and clear the site – which will take a number of months – can start. However, the athletics track, which was refurbished last year, will remain open. More information about what the centre will provide and how it will look will be available in the coming months.

Free swimming

The Council also offers free swimming for under 18s, over 60s and disabled people. Young residents who are under 18 can swim for free at any time at the borough's pools, programme permitting. All that's needed is a membership card which costs £1 from any Waltham Forest leisure centre.

Adults aged 60 and over who hold a Freedom Pass can take advantage of free swimming seven days a week. To be eligible, they need to apply for a pay and play card, which costs £7.10 a year and is available at any leisure centre, with proof of age and address.

More info

More information can be found at www.walthamforest.gov.uk/betterleisure.

For more information about sports clubs in the borough visit www.walthamforest.gov.uk/sports-development or phone the Sports Development team on 020 8496 3000.

What you say

Residents tell Waltham Forest News what they think about leisure facilities in the borough



Shams Rahman, Leytonstone



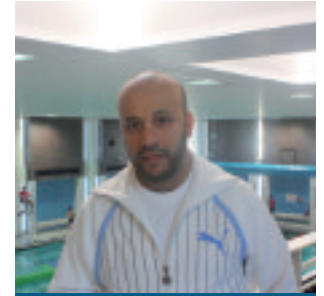
Audrey Thompson, Leyton



Bilal Mustafa, Leytonstone



Tatiana Sabat, Leytonstone



Said Mansouri, Leytonstone

“The centre really looks transformed – it’s so much better, really up to the mark. Centres like this help more people keep fit so I don’t think as many will need to be going to hospitals. The staff are really friendly and even if you don’t have a personal trainer they will help you out.”

“The investment in leisure is a good thing, it gets people out of the house and doing more exercise. I think the Council should be doing more for the elderly. I think more projects could be done to get them fit and active and out of the house, especially if they are on their own.”

“This is an amazing place. It’s a bigger place. This centre is the best example I’ve seen in terms of investment and activities. I’m sure more people will come to join the new gym and use the new equipment.”

“I think this kind of investment is really beneficial for people living around the area. More investment could possibly be made in playgrounds for children – that would be good. I think there’s not a lot of places for kids and elderly people to go and spend time.”

“Overall the centre has been changed completely. It’s a good investment, especially for the youth as it directs them to sports instead of drugs and crime. I think the Council could look at doing more classes and competitive sports – like inter-borough sports competitions.”

Priority: Bringing you better shopping, streets and leisure

Commitment:

- Work to make our high streets thrive with a variety of shops and services to meet your needs
- Upgrade our pavements and roads
- Bring a cinema to the borough and rebuild or upgrade all of the borough’s leisure centres
- Improve every park in the borough

Priority: Making our community a safer place

Priority: Helping you and your family

Priority: Keeping our borough clean

In brief



The front of the badge (top) was unconvincing, the back (bottom) even worse

Cereal offender

The specialist counter fraud team working on behalf of Waltham Forest Council to crackdown on blue badge abuse have reported that second year figures have increased, with 165 badges seized in year two up from 146 in the first year of the operation.

In all 46 vehicles with lost, stolen or fake badges have been removed and impounded since the scheme was launched in September 2012, and 88 cases have been prepared for prosecution.

A prosecution that came to fruition last month involved a case where a Council fraud investigator identified a black Honda displaying a fake blue badge in January 2014 in Dacre Road, Leytonstone. The officer could see that the badge was a photocopy, the transparent tamper proof seal was not transparent and the hologram was not genuine.

When the 'badge' was examined, it was found to have been made out of a cereal box! At Thames Magistrates' Court on Friday 10 October Mr Omar Sharif was ordered to pay a £1,000 fine, £100 victim surcharge and £525 costs.

• For more information visit www.walthamforest.gov.uk/parking. To report someone you suspect is misusing a blue badge, phone 0845 331 2392 and select option 5.

Artistic licence

Seven local artists now have their own workshop space in Lloyd Park (Forest Road, E17 4PP), after the Council granted them a licence to use the space for a year. The Council handed the keys over to the artists, who will use five separate studios to continue their artistic work which ranges from ceramics and sculpture to illustration and photography. They will also provide activities, such as open day workshops, to park users.

• For more information visit www.walthamforest.gov.uk/lloyd-park or phone 020 8496 3000.



Residents of Ferndale Avenue partied in their street this summer

Street parties 2014 – what a get together

- A summer of fun saw local residents take to the streets – in a good way!
- Over 60 street parties took place in 17 of the borough's 20 wards this year

As the summer recedes into the distant memory and winter moves in, Waltham Forest News thought it would be nice to look back on some of the successful street parties that took place throughout the borough while the sun still shone.

Waltham Forest's street parties scheme – the 'Get Together Street Party Initiative 2014' – was highlighted in the Evening Standard this summer as an exemplar way of encouraging local residents to hold street parties. Elsewhere in the capital local councils often charge for the privilege.

The 'Get Together' scheme set aside £3,000 for each of the 20 ward areas to encourage residents to host street parties or events. A resident can be reimbursed for up to £300 for a street party or an event in a park or open space. Local community groups or organisations are able to be reimbursed in-excess of £300 by way of a grant.

Cllr Liaquat Ali MBE JP, Cabinet Member for Community Safety and Cohesion, said: "We felt it was a fantastic way to build

community spirit, to share food and culture and to allow children to play safely together. We want people to get to know each other in their neighbourhoods and to build relationships that bind them together."

Waltham Forest Council has been funding street parties since 2012 when events were held to mark the London Olympics and the Queen's Diamond Jubilee. Since 2012 this funding has helped to deliver 314 street parties throughout the borough, with 65 street parties funded in 17 of the 20 wards in 2014/15 so far.

Joe Irvin, Chief Executive of the charity Living Streets, said: "Street parties and street play schemes are a great way to help build friendly neighbourhoods and thriving communities, at very low cost. Making our streets safer and easy for walking encourages people to be active and enjoy their local streets, making neighbourhoods safer, improving health and boosting local economies."

Deniz Huseyin from Ferndale Avenue, Walthamstow, told Waltham Forest News: "Besides

bringing together neighbours, street parties show what life might be like in a less car-dominated world. The street where I live staged a party on 6 September, and no sooner had the road been closed to traffic, children emerged from their homes to play and mingle, as though they had been set free."

The event in Ferndale Avenue included everything from a barbeque to a Best Sketch of Alfred Hitchcock competition, with music supplied by a local band appropriately named The No Sorrows.

The East Market Quarter Resident's Association (EMQRA) also organised a street party on 6 September in Cairo Road, Walthamstow. Chair of EMQRA Gloria Wood told Waltham Forest News: "The aims of the street party were to get to know our neighbours and friends in the community even better, to enable the children in the neighbourhood to meet and make new friends, and to encourage a more cohesive, friendly neighbourhood.

"We wanted to break down all

those barriers of age, background, profession or culture and to just have fun in a relaxed setting where the idea of a good working and caring 'neighbourhood' and 'community' is pleasantly reinforced."

The event saw bouncy castles, a visiting fire engine, a bake off and a tug o' war. As well as the Council, the event was also supported by local businesses such as Asda from the nearby Mall and Akdeniz Supermarket on Hoe Street. Local churches and other organisations also helped out, including the YMCA – which provided netball posts.

More info

For more information residents should contact their local ward councillors. Alternatively, you can phone the Council on 020 8496 3000, email traffic.scheme@walthamforest.gov.uk for street parties, email judy.beaupierre@walthamforest.gov.uk for events in parks or open spaces and email cwfsupport@walthamforest.gov.uk for information about funding.

Ruckholt Road consultation

- Mini Holland initiative launches consultation into Ruckholt Road
- Proposed improvements will benefit both pedestrians and cyclists



The £30million Mini Holland initiative that Waltham Forest Council is rolling out throughout the borough is turning its attention to Ruckholt Road in Leyton, with a consultation launching on Wednesday 5 November.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, said: "Ruckholt Road is one of our busiest, with about

24,500 vehicles using it every day. This includes around 1,000 cyclists, and is increasing year on year.

"It's been identified as part of the Mini Holland programme because it is a route that is growing in popularity among commuter and leisure cyclists and we think we can make the section between Temple Mills Lane and High Road Leyton safer and easier to navigate."

Ruckholt Road is currently served

by three bus routes and has three major junctions with Temple Mills Lane, Orient Way and Oliver Road. A number of improvements were made to the route in preparation for the Olympic and Paralympic Games in 2012 and proposed improvements will make access to the north of the park safer and easier.

The specific proposed improvements are designed to benefit those walking, travelling by bicycle or public transport by introducing better crossing facilities, segregated tracks for cyclists and improved stops and waiting facilities for bus passengers.

There are also plans for a number of new public spaces with more trees and improved access to the Leyton Mills Shopping Centre from Leyton via an improved pedestrian route and two-way cycle track along York Road and Maud Road.

The Council has already been engaging with local businesses over the last month and is now looking for the views of local residents.

The public consultation will launch this week and will run through until Wednesday 26 November, with a leaflet outlining the proposed changes being delivered to local residents.

The leaflet includes a questionnaire that residents can complete and return using the freepost envelope provided. Council staff will be present on Ruckholt Road near the junction with Orient Way between 7am and 9am on Wednesday 9 November and 10am to 3pm on Sunday 16 November to answer any questions you may have. A drop-in session will also take place at Leyton Library (High Road Leyton, E10 5QH) from 4-8pm on Thursday 13 November. A further statutory consultation is planned for January.

More info

For more information visit www.walthamforest.gov.uk/miniholland or email miniholland@walthamforest.gov.uk.

In brief



Airport consultation

Proposals to alter flight paths over the borough are available for local residents to comment on as part of a consultation launched by London City Airport. Waltham Forest Council has urged the airport to hold a public meeting where the issues can be discussed. It is also looking to work with neighbouring boroughs in formulating a response to the consultation. The changes will not see an increase in the level of air traffic, but there may be an increase in the concentration of flights over some areas.

• For more information, and to have your say by taking part in the consultation before it ends on Thursday 27 November, visit www.londoncityairport.com/home/page/lamp.

WALTHAM FOREST
Get Together

Nominations close on
Monday 2nd February 2015

Love Your Borough Awards 2015

Who's your unsung hero or heroine?

Waltham Forest Council is on the lookout for community heroes for the Love Your Borough Awards 2015.

These annual awards are for the people and organisations that help put the spirit back into their community and promote pride in the borough.

Tell us who you think is so inspiring that they deserve to be recognised with a Love Your Borough Award.

The award categories:

- Citizen of the Year Award
- Uniformed Service Hero Award
- Volunteer Group of the Year Award
- Improving Your Neighbourhood Award
- Making Waltham Forest Safer Award

The closing date for all entries is Monday 2 February 2015.

To make a nomination or find out more visit www.walthamforest.gov.uk/love-your-borough or call 020 8496 3000

[facebook.com/walthamforestcouncil](https://www.facebook.com/walthamforestcouncil)

Follow us on Twitter @LBWFEvents #loveyourborough

Sports and fitness

Yoga for Every Body

Every Tuesday, 6.15–7.30pm

Leyton Sixth Form College, Essex Road, E10 6EQ

Sallyanne is a very experienced instructor who skilfully adapts the classical poses to suit everybody. Come and learn to relax and recharge whilst building up strength, flexibility, poise and peace. Beginners welcome! £28.50 per 5 week term or £6.50 to drop in. **For more information phone Sallyanne on 0208 520 7242, 07952 307 455 or visit www.goldenyoga.co.uk.**

Dynamic Yoga

Thursdays, 9.30–10.30am

Sweat, stretch and strengthen in these dynamic yoga classes uniting physical exercises (asana) and breath (pranayama), leading to deep relaxation. Open to all levels, with challenging options for advanced students. All classes are drop-in, with no need to pre-book. Cash only. £10 per class or a ten-class pass for £90. **For more information email Liz at leytonyoga@gmail.com or visit www.leytonyoga.com.**

Gentle Yoga

Mondays, 6–7pm

The Mill, 7–11 Coppermill Lane, E17 7HA
Gentle healing yoga poses and relaxation class for all including, yoga newbies, health conditions, or limited mobility. A safe and effective way to improve strength, flexibility and well-being. Yoga can also help with numerous conditions from high blood pressure, weight management and back problems to depression and stress. £54 for 6 weeks/£9 drop in. Private one to ones available. **For more information and bookings email josettayoga@hotmail.co.uk.**

Yoga for Pregnancy and Birth

Mondays, 6.45–8.15pm

Quaker Meeting House, 29 Forest View Road, Upper Walthamstow/Highams Park, E17 4EJ

For more information visit www.arlenedunkley-wood.co.uk.



Yoga for Women Only

Tuesdays, 7.30pm

29 Forest View Road, E17 4EJ

For more information visit www.arlenedunkley-wood.co.uk

Yoga for Healthy Backs

Wednesdays, 10.30–11.45am

29 Forest View Road, E7 4EJ

For more information visit www.arlenedunkley-wood.co.uk

Ladies Keep Fit Classes

Wednesdays, 10.40am

St Edmund's Church, Small Hall, Chingford Mount Road, E4 8JL

A combination of chair and gentle movement exercise. A lovely social class. £6 per session. **For more information phone Samantha on 07718 889 329.**

Pregnancy and Post Natal Yoga

Pregnancy – Saturdays, 9–10 am

Post Natal – Tuesdays, 12–1pm (a creche is available although baby can come too)
Whether you are preparing to welcome your baby into the world or are readjusting to life after the birth yoga can help you with this transition. Meet other new mums too. Come and join Sarah, a registered Yoga Alliance teacher, at these friendly local classes. **For more information email enquiries@yoyoga.co.uk, visit www.yoyoga.co.uk or phone or text Sarah on 07815 120 792.**

Day time Yoga for all levels

Tuesday, Wednesday and Saturday mornings – times and prices vary

United Reform Church, 58 Orford Road, E17 9QL

Yoga has masses of benefits from sleeping more peacefully, reducing stress, improving strength and flexibility and detoxing you. Yoga isn't just for the young and flexible – all poses can be modified to suit every body type. Come and join Sarah, a registered Yoga Alliance teacher, at these friendly local classes. **For more information email enquiries@yoyoga.co.uk, visit www.yoyoga.co.uk or phone or text Sarah on 07815120792**

Metafit Classes

Mondays, 7–7.30pm and 7.30–8pm

St Gabriels Church and Family Centre, Havant Road, E17 3JF
First class is free.

Metafit Women Only Classes – Mixed abilities

Thursdays, 8–8.30pm

Maryland Studios, Leytonstone Road, E15 1TG

Meta fit is a results driven high intensity 30 minute workout. Classes begin on Monday 10 November.

For more information phone Jackie on 07717 330 993.

Women Only Zumba Class

Thursdays, 7–8pm

Maryland Studios, Leytonstone Road, E15 1TG

Zumba dance fitness class with international sounds that will get you moving and having fun. Starts from 13th November. **For more information please call Jackie 0771 7330 993.**

Learn Belly Dancing

Every Tuesday, 7–8pm

The Asian Centre, Orford Road, E17 9LN

A great way to help you stay in shape and allow you to express your own personal creativity, enjoyed by many people around the world and for all ages. Enjoy belly dancing for £5 for an hour's lesson. **For more information phone Sarah on 07735 345 635.**

Pregnancy Yoga class

Wednesdays, 10–11am

The Limes Community and Children's

Centre, 6 Somers Road, E17 6RX

Pre-natal yoga class for women of all levels of experience who are 14 weeks and over. The class includes movement, breath and relaxation to help with the changes physically and emotionally and to help prepare for a healthy and happy birth. £10 drop-in or £40 for 5 classes. **For more information email info@eva-yoga.com.**

Yoga for Every Body

Sunday 30 November, 10am–12noon

GoldenYoga, 42d Coppermill Lane, E17 7HB
Small groups for honed healing. Beginners welcome. Cost is £20. **For more information phone Sallyanne on 020 8520 7242, 07952 307 455 or visit www.goldenyoga.co.uk.**

West Essex Ramblers

Saturday 8 November, 9.30am

Meet outside Chingford Station for a circular five to six mile walk through the forest. This friendly walking group organises four walks a week. Come and try a couple for free.

For more information phone 020 8502 1628 or visit www.westsexramblers.org.uk.

Clubs and community

Mothers' Group

Mondays, 10am–11.30am

The Salvation Army, Forest Road, E17 4PY
What is it really like to be a mother? Do you wish you could talk openly about being a mother without being judged or being afraid to be seen as a bad mother? In a world where there is so much pressure to do it all (and do it well), it can be confusing and disheartening. Here is your chance to talk freely in a confidential, safe and supportive group with other mums, so you can start to become a more confident and contented mum. Facilitated by an

experienced counsellor/psychotherapist and mother. £95 for a 6 week course. **For more information phone Esmée Rotmans on 07985 220 014 or email info@heartfulnesstherapy.com**

Club Mellow 50 plus LGBT Afternoon Tea

Fourth Sunday of every month, 2.30–4.30pm

ELOP Centre, 56–60 Grove Road, E17 9BN

This group is for lesbian, gay, bisexual and trans 50+ men and women to socialise with afternoon tea and cake. Entry costs just £2. **For further information phone 020 8509 3898 or email info@elop.org.**

Family Sundays

Third Sunday of every month 3–5pm

The Limes, E17 6RX

Rainbow Family Sundays offers an opportunity for lesbian, gay, bisexual and transgender (LGBT) parents and carers with children of all ages to meet, socialise and build support networks, offering older children in particular an opportunity to meet other LGBT families and develop a positive sense of self and identity. Entry costs just £2 for adults and £1 for children. **For more information phone 020 8509 3898 or email info@elop.org.**

Club Mellow LGBT Social Group

Thursdays, 2.30–4.30pm

ELOP Centre, 56–60 Grove Road, E17 9BN

Club Mellow LGBT Social Group is a weekly afternoon social support space for lesbian, gay, bisexual or trans* people who want to meet up with others in a friendly, supportive environment. Admission £2. **For more information phone 020 8509 3898 or email info@elop.org.**

Winter Fayre

Saturday 8 November, 10am–2pm

South Chingford Congregational Church

161 Chingford Mount Road, E4 8LT

There will be lots to do, lots to buy and lots to eat. There's an all day breakfast, cakes and preserves, crafts and gifts, Christmas stalls and tombolas, games and prizes. Admission is free.

Service of Remembrance

Sunday 9 November, 9.30am and 11.15am

Christ Church, 73 Francis Road, E10 6PL
Join in and remember 100 years since the First World War.

Waltham Forest Dyslexia Association Annual General Meeting

Tuesday 18 November, 7–9.30pm

The Salvation Army Building, 434 Forest

Road, E17 4PY

The talk will be on 'A dyslexia friendly society – how could that look in our schools and workplaces?' Everyone is welcome to this free event. **For more information visit www.wfda.org.uk.**

Western Front Association – East London Branch

Thursday 20 November, 7.30pm

Waltham Forest Sports and Social Club, Forest Road, E17 4JF

Are you interested in the Great War? You can meet like minded people who are interested in the First World War at this talk. The subject will be "The Machine Gun Corps and their part in the First World War". New Members welcome. **For more information phone Neil Pearce on 07956 541 897 or email pearce.neil@ntlworld.com.**

Charity Quiz

Saturday 22 November, 7pm

St John's Church Hall, Leytonstone High Road, E11 1HH

Tables of 6 for quiz teams. Please bring your own drinks and glasses. Evening also includes curry buffet and raffle. All proceeds in aid of St John's Church Fund. Tickets cost £8 including buffet and are on sale now. Essential to book in advance to avoid disappointment as spaces are limited. **For more information phone Hong-Yoke on 020 8989 5479 or email hongyoke.lim@gmail.com.**

Grand Christmas Quiz with buffet

Saturday 22 November, 7.30pm

Mornington Hall, The Green Walk, North Chingford, E4 7EN

CADOS presents this popular annual quiz with superb buffet with vegetarian options and delicious desserts. Tables of 8 or book individual seats and we will find you a team. Tickets £10 including food. **For more information phone 020 8524 4380 or visit www.cados.biz**

Christmas Bazaar

Friday 28 November, 7–9pm and

Saturday 29 November, 11am–4pm

Our Lady and St George Parish Hall, 132

Shernhall Street, E17 9HU

Join the festive celebrations and lots of fun for all the family with great raffle prizes to be won. Irish coffees, homemade cakes, a variety of hot and cold food cuisine, face painting, arts and crafts, games, Father Christmas Grotto, books, toys and much more!

Culture and crafts

Mandarin After School Clubs

Monday to Friday, 4.30–8pm and Weekends, 10am–6pm

LCB Education Centre Suite, 11–12

Gateland Business Centre, 210 Church Road, E10 7JG

Come along to achieve Mandarin qualification (AQA, Edexcel, Edexcel Certificate and even HSK) and to learn communication skills as well as Chinese culture and unique thinking on Maths and so on with an experienced

secondary Chinese teacher. For more information please phone Mr Jianhui Cai on 07412485813 or email crossculturebilingualeducation@yahoo.co.uk.

E17 Junior Guitar Club Saturdays

Different levels and times

Hornbeam Centre, 458 Hoe Street, E17 9AH

Guitar playing fun for children of all abilities. Ages 7 and upwards. Pay £48 for a half-term of six lessons 30 minutes each.

For more information phone Christian Karlsson on 07958 471 083, e-mail chris@e17guitar.com website or visit www.stunningmusic.com.



Ukulele Classes for adults

Mondays, 8.30pm; Saturdays, 10.30am, 11.30am and 12.30pm

Studio Office, Quaker Meeting House, 1a Jewel Road, E17 4QU

Recruiting new beginners to start on Saturday 8 November. Learn the ukulele or improve your skills with an experienced, professional musician in a fun and relaxed environment. Instruments not provided. £8 per class when paying by the term in advance. For more information phone 07745 052 525, visit www.banjosmith.co.uk or email info.banjosmith@gmail.com.

Waltham Forest Community Choir

Mondays, (term time only) 7.30–9.30pm

St Mary's Church, Church End, E17 9RJ
We are a self-funded group open to anyone living or working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire is diverse, and includes classical, traditional, folk and popular styles. Termly cost of £50. For more information visit www.singwithus.net. For membership enquiries email membership@singwithus.net or phone 07954 740 745.

5-String Banjo for Adults

Mondays and Wednesdays, 6.30pm and 7.30pm

Quaker Meeting House, 1a Jewel Road, E17 4QU

Recruiting now for complete beginners, starting Wednesday 5 November. Dick Smith teaches five-string Banjo classes in three finger bluegrass style picking. Start from scratch or brush up your banjo skills in a relaxed and fun environment.

£10 per class when paying for the term in advance. For more information phone 07745 052 525, visit www.banjosmith.co.uk or email info.banjosmith@gmail.com.

Strung Out Violin Groups for Adults

Tuesdays and Thursdays, 6.30–9pm

The Quaker Meeting House, 1a Jewel Road, E17 4QU

Got a violin in your attic you want to dust down? Fancy learning a new skill? Our motto is "it's never too late!" Strung Out is a fun violin group for adult enthusiasts of all levels, with a professional musician whose work spans from WOMAD to The West End. All styles of music are welcomed from classical to traditional. Fun is the key ingredient! Classes are available for absolute beginners, early stages, easy and intermediates. Classes are limited, so please book in advance. £10 per class, payable by the term in advance. For more information email strungout@shapeshifter-productions.com or phone 020 7018 2927.

The Remains of George

Friday 7 November

Saturday 15 November

Ye Olde Rose and Crown Theatre Pub, 53–55 Hoe Street, E17 4SA
Three dysfunctional siblings visit their father. They discover a GP's letter stating that 'Mr Smith is in a critical condition and must avoid stress'... Centred around the week leading to George's birthday, they believe any bad news could finish off their father. Filled with twists, turns, lies, a murderous publisher, a psychopath and a strange little man who puts a bag over his head, this play will leave you laughing all the way to the party! For more information email ben_hurren@hotmail.co.uk or visit www.theremainsofgeorge.com for online bookings.

East London and Essex EKC Chris Stanbury Electronic Keyboard Concert

Wednesday 12 November, doors open 7.15pm

Wanstead Library, Spratt Hall Road, E11 2RQ
Come along and listen to the talented Chris Stanbury playing a variety of music from shows, TV, old, new, and classical to big band, in fact a variety of music to cater for all tastes. There are refreshments and a raffle in the interval. Entrance cost at the door is £7 for adults

and £1 for juniors under the age of 16. For more information phone Derek on 020 8530 3717 or visit www.organa.co.uk/clubs/eastlondon.html.

Highams Park Live

Thursday 20 November, 7pm–11pm

Upstairs at The County Arms, 420 Hale End Rd, Highams Park, E4 9PB

Highams Park Live presents an acoustic evening of live music, poetry and live literature with an eclectic programme of songwriters, poets and storytellers. Performers are booked in advance. The event is free and if you want to be part of the audience then please come along on the night and be inspired by the creative atmosphere! For more information visit www.highamparklive.co.uk or email info@highamparklive.co.uk.

A Christmas Carol

Wednesday 10 to Saturday 13 December, 7.45pm (curtain up)

Mornington Hall, The Green Walk, North Chingford, E4 7EN

CADOS presents this play by John Mortimer based on Dickens' story. Start off the Christmas festivities with this famous tale. Our intimate theatre has seating and a licensed bar.

Tickets £9.50 for under 16s, £8.50 seniors, £8.50 on Wednesday.

For more information phone 020 8524 4380 or visit www.cados.biz.

E17 Jazz

Wednesday 17 December, 8.30–10.30pm

Orford House Social Club, 73 Orford Road, E17 9QR

The E17 Large Ensemble super group return with more exciting new music to round off the year. Bring your party hats! Tickets are £10 or £7. For more information phone 07930 544 312 or visit www.e17jazz.com/whatson.

Children and young people

Bongalong Under Ones

Thursdays, 1.30pm

St Gabriel's Family Centre, E17 3JF

A friendly, fun, relaxed session for under ones and their carers using music, movement and make believe to support your baby's development – with singing, dancing and amazing instruments. Booking is essential. Term time only.

For more information email fiona.bongalong@gmail.com or phone Fiona on 07811 460 282.



Litter Bugs on Tour!

Until Saturday 22 November

Tuesday, Wednesday and Thursday, 10am–7pm

Friday and Saturday, 10am–6pm and Sunday, 11am–2pm

The Mill, 7–11 Coppermill Lane, E17 7HA

A collection of beasts made from recycled materials by Michelle Reader and local children. For more information phone 020 8521 3211, email info@themill-coppermill.org or visit www.themill-coppermill.org

Community Ward Forums

Cathall

Tuesday 11 November, 7.30–9.30pm

Epicentre, 41 West Street, Leytonstone, E11 4LJ

Council Meetings

Monday 3 November

Licensing Review, 1pm

Tuesday 4 November

Planning Committee, 7pm

Tuesday 11 November

Cabinet, 2pm

Corporate Parenting Board, 6pm

Wednesday 12 November

Health Scrutiny Committee, 7.30pm

Thursday 13 November

Licensing Review, 11am and 2.30pm

Education Scrutiny Committee, 7.30pm



Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for Monday 1 December edition is Friday 14 November

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Please send your listing requests in the body of an email, formatted as shown on these pages. Events submitted in the wrong format will not be used.



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TOWN CENTRE EVENTS

Enjoy entertainment, activities
and fun for all the family

Saturday 15 November. 11am – 4pm

Highams Park, Wood Street and Leytonstone

Saturday 22 November. 11am – 4pm

North Chingford, Walthamstow and Leyton



www.walthamforestlondon.co.uk



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Chingford



Residents Paula David and Nigel Mear set up Highams Park Live to give local artists a place to perform their respective crafts. Photo by Simon Taylor Photography

Artists shine at Highams Park Live

- Events provide platform for local songwriters, poets and storytellers
- First Writers Sharing Evening to take place this month

A new evening of music, poetry and literature in Highams Park is giving local artists a platform to share their talents and perform in front of a live audience.

Highams Park Live was set up by Nigel Mear and Paula David, two local residents with a shared love of creative writing and performance. "We have both been involved in music all our lives," Nigel explained. "Then around 18 months ago we got together to form a songwriting partnership called Headspace." Having both recognised the amount of creative talent in the local area, Nigel and Paula then decided to set up an event where artists could come together and perform their work, and so Highams Park Live was born.

The first event took place in July 2014 in the function room above the County Arms pub (420 Hale End Road, E4 9PB), which provided an

intimate and inclusive setting for the performances. Nigel says they were 'blown away' by the success of the event, so they followed it up with another evening in September. "It's been amazing," he said. "It is a really supportive environment and lots of people have commented on the creative atmosphere and vibe at the events."

There are two more Highams Park Live events planned before the end of the year, on Thursday 20 November and Thursday 18 December, both taking place upstairs at the County Arms from 7pm to 11pm. First time performers are welcome and it doesn't matter if you haven't performed in front of an audience before. If you simply want to enjoy the atmosphere and performances you can go along as part of the audience, it is completely free to attend.

Nigel and Paula act as curators

for Highams Park Live, and have also performed at the events themselves. They try to book performances in advance to ensure a full and varied evening of songwriters, musicians, poets and storytellers.

Paula is also the founder of the Write Network, which was established in 2013 to give new writers the opportunity, confidence and skills to perform and publish their work. On Thursday 13 November she will host a Writers Sharing Evening, which will be an opportunity for writers to come together to read extracts from their work and give helpful feedback to others. This special literature evening will be a sharing platform for writers and will not involve a live performance in front of an audience. This event will also take place in the County Arms, from 6pm to 8.30pm.

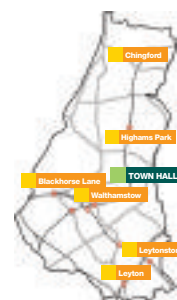
Nigel and Paula are both

passionate about their local area, and are both active members of the Highams Park Plan arts and culture working group. The Highams Park Plan will give a strategic long-term plan for the area, in accordance with the wishes of local residents, and is backed by the Council.

Having lived in the area for 16 years, Nigel thinks this is an exciting time to be a Highams Park resident. "There is a lot happening in the area and there is a real sense of community. This is having a positive impact and I think we will see more changes over the next year to 18 months."

More info

For more information visit www.highampsparklive.co.uk or email info@highampsparklive.co.uk. For more information on the Write Network visit www.writenetwork.wordpress.com



In brief



Why not join West Essex Ramblers on one of their weekly walks?

Ramble on

If you fancy getting out and about in the great outdoors then why not join the West Essex Ramblers group on their walk in Chingford on Saturday 8 November? The friendly group will meet outside Chingford Station (6 Station Approach, E4 6AL) at 9.30am, and plan on walking five or six miles through the forest. The West Essex Ramblers hold four walks a week, both local and further afield, and are happy to be joined by new members.

• For more information, and a complimentary programme, phone 020 8502 1628 or visit www.westessexramblers.org.uk.

Community library news

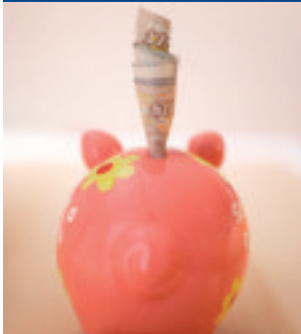
The South Chingford Community Library (265 Chingford Mount Road, E4 8LP) will be opening on Mondays from 3 November. The library, an independent community hub open to everyone in Waltham Forest, is currently open on Tuesdays, Wednesdays, Thursdays and Saturdays from 10am to 4pm. On Mondays the library will be open from 10am to 6pm – the later opening time has been arranged to help schoolchildren who may want to make use of the books, PC facilities and meeting and study spaces. The library is currently looking for new volunteers to help with extra shifts.

• For more information about the library phone 020 8529 3035, email southchingfordlibrary@gmail.com or visit www.southchingfordlibrary.org.uk.

Winter Fayre

The South Chingford Congregational Church (161 Chingford Mount Road, E4 8LT) is holding a Winter Fayre on Saturday 8 November, 10am-2pm. This will be a great opportunity to get cracking on your Christmas shopping, with lots of stalls offering crafts and gifts. There will also be plenty to eat, with all day breakfasts available as well as cakes and preserves. If you're feeling lucky there will be lots of games and prizes including a tombola. Admission is free.

• For more information phone 020 8524 6753 or email secretary@chingfordcong.org.uk.

In brief

Pupils at Walthamstow School for Girls have launched their own bank

School bank

Students at Walthamstow School for Girls (Church Hill, E17 9RZ) have launched their own school bank scheme to help fellow pupils learn how to manage their money. It has been launched in partnership with charity MyBnk, which specialises in providing young people with financial education, which is now part of the National Curriculum. The scheme allows pupils to open accounts and interest free loans of up to £40, as well as making decisions on investments, incentivised savings and business start-up drives. There will also be workshops covering everything from student finance and pensions to social enterprise. The Mayor and Young Mayor of Waltham Forest attended the launch of the bank on Thursday 16 October.

• For more information visit www.mybnk.org, email info@mybnk.org or phone 020 7377 8770.

Tackling truancy

To ensure pupils were in school when they should have been, the Council teamed up with the police to carry out a routine truancy patrol last month. On the morning of Monday 20 October, officers visited known truancy hot spots across the borough and the homes of children known to skip school, finding six children who were out of school when they shouldn't have been. Those who were unaccompanied by a parent were returned to their school so that further action could be taken as appropriate. The patrols are a regular exercise carried out by the Council's Education Welfare Service and Safer Schools Partnership Police Officers, to not only ensure that children are getting the best from their education, but are safe and their whereabouts are known. This latest patrol was supported by George Mitchell School who allowed the team to use their school mini bus on the day, and Belmont Park School who hosted the officers' briefings before and after the patrol.

• For more information visit www.walthamforest.gov.uk/education-and-learning or phone 020 8496 3000.

Funding for community events

- Council scheme aims to help residents celebrate diversity
- Funding available for events that unite the community



Host Geoff Schumann presents Waltham Forest College student Hussein Alem with an award for his academic achievements

Events are a great way of getting local communities together and there is an action-packed calendar of free events for residents every year, with that very goal in mind.

Recognising that voluntary organisations and groups sit in the heart of the local community, Waltham Forest also offers funding for these groups to run events that bring residents together.

Through the Council's Community Cohesion Scheme, local groups can apply for up to £500 if they are organising an activity to celebrate one of 20 nationally-recognised commemorative events during the year.

The funding supports organisations running events; whether they are a day, week or month-long event, that are inspired by themes like age, gender, ethnicity, faith, disability and sexual orientation. This includes events like World AIDs day, Older People's Day, Learning Disability Awareness Week and LGBT History Month.

One organisation that recently received community cohesion funding is Kreative Culture Klub (KCK), which works with young

people of African and African Caribbean backgrounds to develop self-confidence and self-esteem.

On Friday 17 October, during Black History Month, KCK held their annual Young, Gifted and Black Awards at Walthamstow Assembly Hall. It saw more than 170 students from many minority groups recognised for their academic achievements, with entertainment provided by KCK youth performers and other young talented artists.

KCK's Founder and Co-ordinator, Yvonne Bailey, said support from the Council, Barclays Bank and local educational establishments – particularly Waltham Forest College and George Mitchell School – had been vital.

She said: "Without their understanding of the need to recognise these achievers and use them as role models to other students in the audience, the event would not be the success that it has become."

Up to £500 is available for each event, to cover costs associated with venue hire, catering and promotional leaflets.

If more than one organisation or group wants to mark the same



Cllr Liaquat Ali MBE JP visits Wood Street's Significant Seams which works to strengthen the local community



Salaam Peace and Kreative Culture Klub have received funding for events through the Community Cohesion scheme.

event, they will be put in touch with each other and the money will either be split evenly between the groups, or they will be encouraged to work together, to maximise the funding available.

Earlier this year, Waltham Forest Women's Network was given financial support to help celebrate International Women's Day. It featured a march in recognition of the suffragette movement before about 1,000 women gathered in Walthamstow Assembly Hall to take part in a variety of activities hosted by voluntary sector organisations.

To mark Islamic Awareness Week in March, the Council awarded a grant of £475 through the scheme to Salaam Peace, an organisation promoting unity, respect and tolerance in the community. Using the funding, Salaam Peace organised a community sports event for young people to demonstrate a positive image of Islam to residents in Markhouse, Lea Bridge and Hoe Street wards.

The organisation's Director of Community Engagement, Sab Bham – a recipient of the BBC London Unsung Hero Award – said: "Salaam Peace has benefitted from support

from Waltham Forest Council, which has included mainstream funding from the Youth Offer and other funding streams including Ward Funding and Community First Funding. The financial support has enabled us to deliver high impact projects in the borough."

Cabinet Member for Community Safety and Cohesion, Cllr Liaquat Ali MBE JP, said: "We're proud of our diverse community and are therefore eager to help local organisations put on events that unite residents."

"Any activity or occasion that proactively seeks to involve people from different equality groups should be commended and we would encourage any organisation considering hosting something like this to get in touch to see if we can help."

More info

For more information about applying for community cohesion funding, including a full list of the 20 national events that can be supported with the funding, visit www.walthamforest.gov.uk/communitycohesion or phone 020 8496 3000.

Renew your Freedom Pass now



Leytonstone resident Sheila Carter is looking forward to getting out and about with her new Freedom Pass

Freedom Passes are just that – a pass to freedom for anyone aged 65 and over. Giving older residents free travel on almost all of London's public transport network, the Freedom Pass is part funded by the Council and helps older residents to live independently by getting out and about for free.

Three-quarters of all Freedom Passes are due to expire in March 2015 and, from the start of November, reminder letters are being sent to thousands of Waltham Forest residents to tell you whether it's time to renew and how you can do it.

If you already have a Freedom Pass, you can expect to receive a letter in the coming weeks explaining what to do if your card needs to be renewed. An organisation called London Councils is sending the letters but each one should also show the Waltham Forest Council logo on it. And, if you're over the age of 65 and don't already have a pass, now is an ideal time to apply – and start

using almost all of the capital's public transport network for free.

Letters outlining how you can renew are being sent out between Monday 3 November and Friday 12 December and each letter has a unique renewal number, so you can't renew until the letter arrives.

"I will be able to go anywhere I like and see all sorts of things."

Once you have your letter, you will be able to renew your card online or by filling in and returning the enclosed form. If you're applying for a pass for the first time, you can do so online by visiting www.freedompass.org or by picking up an application form at the Post Office.

One Waltham Forest resident who's eagerly awaiting the arrival of her pass is 85-year-old Sheila Carter, who lives in George Mason Lodge, a residential care home in Leytonstone.

Sheila recently went on a bus for the first time since she was a

- November marks the launch of the Freedom Pass renewal campaign
- Anyone aged 65 and over is eligible for a free pass – so apply now if you haven't already



The Freedom Pass gives residents aged 65 and over free travel on most forms of public transport in London

teenager – and subsequently discovered that she could use the borough's buses for free if she applied for a pass. She's now looking forward to getting out and about a lot more and doing so at no cost.

Sheila told Waltham Forest News "I will be able to go anywhere I like and see all sorts of things. It gets you where you want to go and you meet some very interesting people. I am in a wheelchair and when my friend goes to get me on the bus, everyone moves to one side and they will sometimes ask if he needs any help. Everyone is so friendly."

"Up until a few weeks ago, I last went on a bus when I was about 14 years old – I was with some of my friends. We used to run up and down the stairs and make a nuisance of ourselves, but we used to have fun."

Sheila also welcomed the Council's support for the scheme, adding: "It gives the opportunity for older people to get out and travel around without worrying about the cost."

"If you are well enough to get out, then you should go and make the most of your life."

There are various Council and community schemes to help disabled or older people get out and about in the borough – whether it's a trip to the shops, to the doctor or visiting friends or places of interest.

They include the Blue Badge scheme, a Taxicard scheme providing subsidised travel in licensed black taxis and private hire vehicles, Shopmobility who offer the loan of mobility scooters, and Community Transport Waltham Forest's door to door transport to shops service.

More info

Find out more about the Freedom Pass by visiting www.freedompass.org. Alternatively, you can phone 0300 330 1433 or email info@freedompass.org. To learn about other transport schemes in Waltham Forest visit www.walthamforest.gov.uk/az-freedompass or phone 020 8496 3000.

In brief



Older people, young children, pregnant women and those with long-term health conditions can have a free flu vaccination

Flu vaccinations

Older people, young children, pregnant women and residents living with a long-term health condition are being advised to protect themselves against flu by having a free vaccination. Those most at risk of severe illness can get a free flu vaccination from their local GP or pharmacy. This includes everyone aged 65 and over, anyone under 65 years old with a long-term health condition (such as diabetes or asthma), carers and pregnant women. Children aged two to four can now receive a free nasal spray vaccination, for quick, painless protection. If you are eligible for the free flu vaccination it is recommended you get it as soon as possible, before flu starts circulating in the community, to protect yourself and others.

• For more information on seasonal flu and the flu vaccine visit www.nhs.uk/flu or phone 111. If you think you are eligible for a free vaccination, please contact your GP.

Give views on Whipps Cross

The Chief Inspector of Hospitals is asking residents to tell him about the care provided by Whipps Cross Hospital, as part of an inspection being carried out by the Care Quality Commission (CQC). A 'listening event' will take place on Tuesday 11 November at Harmony Hall, Walthamstow (Truro Road, E17 7BY), from 6.30pm. Residents are invited to attend to give the inspection team their experiences of care from the past year, and say where they would like to see improvements made. The formal inspection of Whipps Cross starts on Monday 10 November. Following this the hospital will be given an overall rating under radical changes being introduced by the CQC.

• If you are unable to attend the event but would like to give your views visit www.cqc.org.uk and complete the 'share your experience' form, email enquiries@cqc.org.uk or phone 03000 61 61 61.



Adopt

CREATE A CLOSE FAMILY

Ever thought about adoption?

Come to our next informal information evening on
November 19th at Waltham Forest Town Hall 6.30pm.

Meet our friendly, experienced adoption team
and people who have adopted already.

Or call us on 020 8496 1588

www.walthamforest.gov.uk/adopt



WALTHAM FOREST
Get Together

5 November

Fireworks

Music from the movies

Wednesday 5 November

6.30pm – 8.30pm

Gates close 7.45pm

show starts 8pm

GET TOGETHER TO ENJOY ANOTHER
BRILLIANT YEAR IN WALTHAM FOREST

**FREE
EVENT**
NO TICKET
REQUIRED

Celebrate Bonfire Night at our fantastic fireworks
display choreographed to 'Music from the movies'.

Watch a dazzling display light up the skies of Waltham
Forest while you listen to your favourite theme tunes.

A wide range of tasty food and drink will also be
available to purchase.

**Chestnuts field, Waltham Forest Town Hall Complex
Forest Road, Walthamstow, E17 4JF**

**Entry via gates at Forest Road, Farnan Avenue
and Spruce Hills Road.**



020 8496 3000

www.walthamforest.gov.uk/get-together

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Notices

LONDON BOROUGH OF WALTHAM FOREST PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 – SECTION 67

NOTICE IS HEREBY GIVEN that the following application affecting a Listed Building has been made to the Council.

APPL.NO 2014/2130/LB
APPLICANT Friday Hill House Limited
ADDRESS Friday Hill House, 7 Simmons Lane, Chingford, E4 6JH
PROPOSAL An application for a listed building consent – Conversion of existing building into 12 residential units and community hall involving single storey extensions. Construction of 6 semi – detached houses to the western end of the site. Provision of 19 car parking spaces, cycle storage and refuse storage area.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day 03rd November 2014
David Scourfield – Head of Development Management on Behalf of London Borough of Waltham Forest

LONDON BOROUGH OF WALTHAM FOREST TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 – NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL.NO 2014/2128
APPLICANT Friday Hill House Limited
ADDRESS Friday Hill House, 7 Simmons Lane, Chingford, E4 6JH
PROPOSAL Residential re-development – Conversion of existing building into 12 residential units and community hall involving single storey extensions. Construction of 6 semi – detached houses to the western end of the site. Provision of 19 car parking spaces, cycle storage and refuse storage area.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day 3rd November 2014
David Scourfield – Head of Development Management on Behalf of London Borough of Waltham Forest

Highways

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

THE WALTHAM FOREST (VARIOUS ROADS – PETERBOROUGH ROAD AREA) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2014 – TT54

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 30th October 2014 it made an Order to enable highway construction works to be carried out in a safe and efficient manner in various roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit traffic (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles).

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to:

- enter, proceed, wait or load for any purpose, at any time, in the section of road mentioned in Schedule 1 of this notice; and
 - wait or load for any purpose, at any time, in the roads or section of roads mentioned in Schedule 2 of this notice.
- N.B. These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council.*
3. Vehicular access to properties affected by these works will be maintained wherever possible, subject to the extent and operation of the closure.
4. Whilst the prohibitions referred to in paragraph 2(a) above remain in force, alternative routes for traffic would be indicated by traffic signs.
5. Vehicles waiting or loading in disregard of this Order would be removed.
6. The restrictions mentioned above would not apply in relation to any vehicle being used:

- in connection with the said works; or
 - for ambulance, fire brigade or police purposes in an emergency, if the works allow.
7. The Order will come into operation on 4th November 2014 and would be valid for a maximum period of 4 months or until the works are completed, whichever is the sooner.

Dated 3rd November 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Schedule 1
West End Avenue E10 – between its junction with Peterborough Road and a point 15 metres north-east of that said junction.

Schedule 2

Canterbury Road E10 – north-easternmost arm;
Colchester Road E10 – north-easternmost arm;
James Lane E10 – between its junction with Essex Road and Peterborough Road;

Liverpool Road E10;
Matlock Road E10 – north-easternmost arm;
Nottingham Road E10 – north-easternmost arm;
Peterborough Road E10;
Sandringham Road E10.

LONDON BOROUGH OF WALTHAM FOREST PERMANENT MAKING OF EXPERIMENTAL PROVISIONS VOUCHER PARKING PLACES INTO CASHLESS PARKING OPERATION WITH AMENDMENT OF OPERATIONAL HOURS AND AMENDMENT OF DISABLED PARKING PLACES AND LOADING

PLACES CHURCH LANE E11, HIGH ROAD LEYTONSTONE, HOE STREET AND KIRKDALE ROAD

The Waltham Forest (Free Parking Places) (Disabled Persons) (Amendment No. 7) Traffic Order 2014
The Waltham Forest (Free Loading Places) (Amendment No. 10) Traffic Order 2014

The Waltham Forest (Cashless Parking Places) (Amendment No. 10) Traffic Order 2014
T31 (T29 (2013))

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest (the Council) **on 2nd November 2014** made the above mentioned Traffic Orders under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.
2. The general effect of the Orders will be to continue indefinitely:-
- the provisions of *The Waltham Forest (Free Parking Places) (Disabled Persons) (Amendment No. 3) Experimental Traffic Order 2013*, so that the layout of certain disabled parking places in **Leytonstone High Road** are amended on a permanent basis;
 - the provisions of *The Waltham Forest (Free Loading Places) (Amendment No. 4) Experimental Traffic Order 2013* so that the layout of certain Loading Places in **Leytonstone High Road, Church Lane E11** and **Kirkdale Road E11** are amended on a permanent basis; and
 - the provisions of *The Waltham Forest (Cashless Parking Places) (Amendment No. 2) Experimental Traffic Order 2013* so

that voucher parking places in **Church Lane E11, Leytonstone High Road, Hoe Street** and **Kirkdale Road E11** are converted into cashless parking operation on a permanent basis with amended hours of operation from between 9.00 a.m. and 5.00 p.m. on Mondays to Saturdays inclusive, any such day not being Christmas Day, Good Friday or a Bank Holiday, for a maximum period of 2 hours, no return within 2 hours, with an exemption for the first 15 minutes, free parking to between 10.00 a.m. and 4.00 p.m. on Mondays to Saturdays inclusive, for a maximum period of 2 hours, no return within 2 hours. with an exemption for the first 15 minutes, free parking.

3. Copies of the Orders, which will come into operation on **3rd November 2014** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to question the validity of any of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make application for the purpose to the High Court.

Dated 3rd November 2014
Mr. K. Valavan
Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Planning

LONDON BOROUGH OF WALTHAM FOREST TOWN AND COUNTRY PLANNING ACT 1990

The Council of the London Borough of Waltham Forest ("the Council") hereby gives

notice that it proposes to make an order under Section 247 of the above Act to authorise the stopping up of the following area of public highway which is shown hatched red on the plan attached to the draft order:

(a) The area of public highway linking Ruckholt Road to Oliver Road, E10 which is formed of one rectangular shaped area measuring a distance of 26.9 metres and a width of 2.4 metres

IF THE ORDER IS MADE, the stopping up will be authorised only in order to enable development described in the Schedule to this notice to be carried out in accordance with the planning permission granted to Gilmartin Ley by the Planning Inspectorate on appeal on 27 September 2012 under reference APP/U5930/A/12/2173087.

COPIES OF THE DRAFT ORDER AND THE RELEVANT PLANS MAY BE INSPECTED during normal office hours for 28 days commencing on 3 November 2014 at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS free of charge

ANY PERSON MAY OBJECT to the making of the proposed order within the period of 28 days commencing on 3 November 2014 by written statement to Legal and Democratic Services, Waltham Forest Town Hall, Forest Road, London, E17 4JF (Ref: EPR.691).

In preparing an objection it should be borne in mind that the substance of it may be imparted to other persons who may be affected by it and that those persons may wish to communicate with the objector about it.

Dated: 3 November 2014
MR. K. VALAVAN, Head of Highways and Infrastructure, Low Hall, Argall Avenue, London, E10 7AS

THE SCHEDULE

The erection of a three to six storey development of 116 dwellings (31x1 bed, 54x2 bed, 21x3 bed, 7x4 bed and 3x5 bed) and artist studios (1,000 sqm), semi-basement parking for 53 cars and 6 off street parking spaces and motorcycle and bicycle parking with a new vehicular access to Dunedin Road

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We need to save **£45million**
and deliver the services that matter most to you.



GIVE US YOUR VIEWS BY SUNDAY 16 NOVEMBER

www.walthamforest.gov.uk/weneedtotalk

